

I NEED TO LEARN MORE ABOUT...

Check off the areas where further exploring is needed for you to better plan your future and write down ideas inside the box about how to gather information.

- ☐ 1. **Residential**
Preferences and skills related to community living
- ☐ 2. **Employment**
Career preferences, skills, aptitudes, related education, and job development.
- ☐ 3. **Recreation/Social**
Preferences, skills, aptitudes related to leisure and social interests
- ☐ 4. **Citizenship**
Support for community membership.
- ☐ 5. **Daily Living**
Support for personal care needs and homemaking.
- ☐ 6. **Spirituality**
Support for personal growth and preferred practice.
- ☐ 7. **Communication**
Speech, language, and adaptive strategies.
- ☐ 8. **Transportation**
Ways of getting around the community.
- ☐ 9. **Financial**
Support for economic well being.
- ☐ 10. **Health Care**
Support and continued good health.
- ☐ 11. **Counseling and Behavioral**
Emotional support and problem solving.

Recommended Ways to Gather Information:

I NEED TO LEARN MORE ABOUT...continued

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- ☐ 12. **Physical Therapy**
Use of movement, range of motion, positioning, mobility and comfort.
- ☐ 13. **Occupational Therapy**
Fine motor skills development to help you do your best.
- ☐ 14. **Mobility**
Learning hoe to get around in different settings.
- ☐ 15. **Assistive Technology**
Use of technology and adaptations.
- ☐ 16. **Respite**
Support for those who provide you with ongoing assistance.
- ☐ 17. **Other**

Recommended Ways to Gather Information: